

## Where Fitness Meets Fun!

WHERE WE GO IN STRETCH-N-GROW

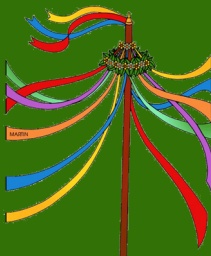
### Star Wars



### Mother's Day



### MAY DAY



### WARMER DAYS AHEAD



## Smart Snacking

"Don't eat that, you'll spoil your appetite." If only you had a dollar for every time you heard that growing up!

But if the right foods are offered at the right times, snacks can play an important role in managing kids' hunger and boosting nutrition. A well-timed snack can even cut spikes in hunger and provide a much-needed energy boost between meals.



Snacks can keep younger children from getting so hungry that they become cranky, and they can keep older kids from overeating at larger meals. And for picky eaters of all ages, snacks can be added insurance that they're getting the necessary nutrients.

The best snacks are nutritious — low in sugar, fat, and salt. Fresh fruit and vegetables and foods that contain whole grains and protein are also good choices. But it's not just about *what* you offer as a snack — it's *how much* you serve and *when*. Pay attention to portion sizes and timing of snacks so they don't interfere with a child's appetite for the next scheduled meal.

### Veggie Roll-Ups

- whole wheat tortilla
- whipped cream cheese
- onion powder
- fresh baby spinach, chopped
- carrots, shredded
- tomato, chopped
- cucumber, thinly sliced
- shredded Mexican cheese



Spread cream cheese evenly over the entire tortilla. Sprinkle lightly with onion powder and then layer on the veggies and cheese (in any order you like). Season with salt and pepper, to taste. Starting at one end, tightly roll up the tortilla and slice into serving pieces.

### MOTOR SKILLS



Lunging



Tip Toe



Tummy Twist



Marching

### YOGA POSES



Child's Pose



Riding Bike



Dolphin



Warrior

### MUSCLES & BONES

Glutes & Psoas/Pelvis  
 Alternating Prone Leg Lifts  
 Quadriceps & Hamstrings/  
 Femur—Walking Lunges  
 Tibialis & Gastrocnemius/  
 Tibia & Fibula—Toe Lift  
 Upper and Lower Body  
 Muscle & Bone Review